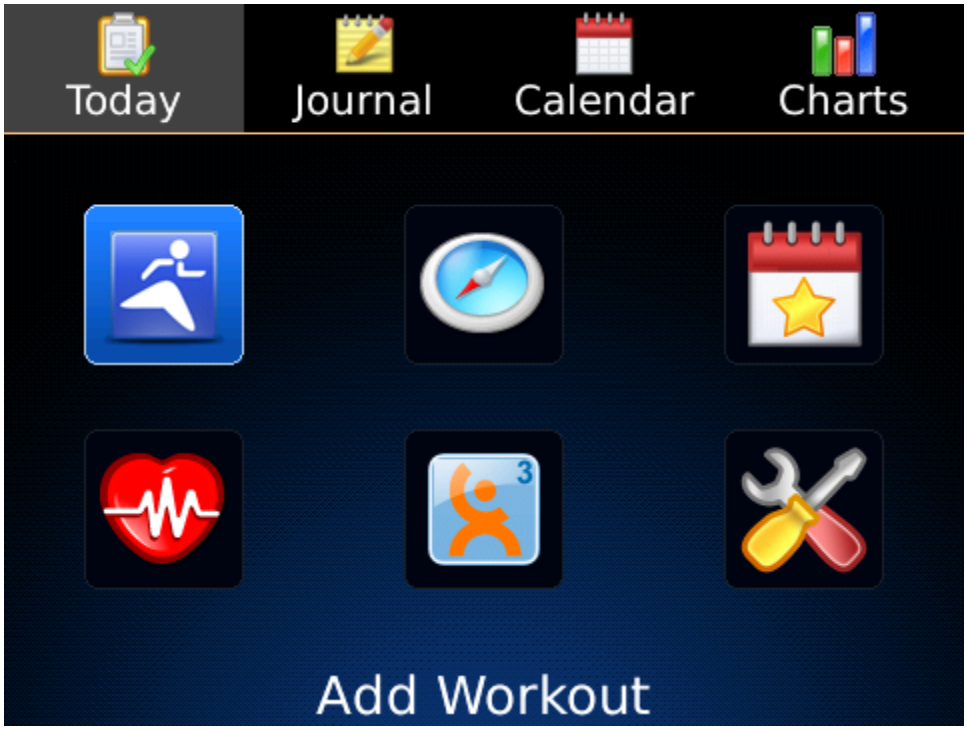
MySportTraining® for BlackBerry

User's Guide



March 2011
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VIDAONE
HEALTH & FITNESS SOFTWARE

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1. Introduction

1.1. What is MySportTraining?

MySportTraining® is the premier BlackBerry application designed to help you track and improve your fitness. Simple and inexpensive, it allows you to keep a detailed daily log of your workouts and your health, and to review your performance and physical condition, whether to keep track of the activities you're passionate about and are committed to, to track your progress toward a race or a distance goal, or simply to keep yourself in great fitness shape.

You will find in MySportTraining all the features you are looking for to track all of your workouts. MySportTraining supports both **cardio-vascular** (aerobic) and **strength training** types of workouts, such as those listed below, and you can also create your own activities if they're not already supported.

- Weight lifting (free weight, machine, cables, balls, etc)
- Cycling (road, mountain, stationary, intervals, etc.)
- Running
- Walking
- Swimming
- Soccer
- Triathlon
- Stretching
- Skating (ice and in-line)
- Skiing (cross-country, downhill)
- Golf
- Stair machine
- Treadmill
- Elliptical stairs
- Stepper
- Gymnastics
- Basketball
- Football
- Volleyball
- Martial arts
- Surfing
- Horseback riding
- Equestrian
- Shooting
- Fencing
- Kayaking
- Canoeing
- Rowing
- Etc.

MySportTraining has been voted the best Health & Fitness application for five (5) consecutive years (2004-2008) by *Smartphone & Pocket PC Magazine.*
This is the same application that is now available for your BlackBerry phone.

1.2. VidaOne Diet & Fitness for Windows 7, Vista and XP

MySportTraining is compatible and fully synchronizes with **VidaOne Diet & Fitness** for Windows 7, Vista and Windows XP. It not only provides the same features than MySportTraining, but also allows you to add custom data fields, enter all the food you consume (using a database of more than 7500 food items, which you can customize), follow a diet of any type, download Polar® and Garmin® heart rate monitor information, view a variety of reports and graphs (all printable), use multiple profiles (users), and more.

Figure 1: VidaOne Diet & Fitness for Windows provides the same features than MySportTraining and much more, and the data is synchronized via Wi-Fi.

MySportTraining synchronizes with VidaOne Diet & Fitness via Wi-Fi (more in section 7.5). This allows you to use either application to enter data and make sure they always remain in sync. VidaOne Diet & Fitness makes it easier to review report (on a larger screen), and offers a backup of your data should your phone be lost, damaged or stolen.

If you're using a Mac, the synchronization works when you run VidaOne Diet & Fitness in emulation on Mac OS X using Desktop Parallels® or VMware Fusion™.

Figure 2: MySportTraining for BlackBerry synchronizes with VidaOne Diet & Fitness for Windows.

More information about VidaOne Diet & Fitness, including various user's guide such, are available at www.VidaOne.com/vodf_win.htm.

1.3. Requirements

MySportTraining for BlackBerry requires the following:

- BlackBerry OS 5 or newer
- A media card (e.g. micro SD card)
- Optional: Wi-Fi for synchronization with VidaOne Diet & Fitness. Note that VidaOne Diet & Fitness is not required to use MySportTraining.

1.4. Technical Support

You can obtain more information about our products, updates, etc. by visiting our Frequently-Asked Questions (FAQ) page at: http://www.VidaOne.com/faqs.htm. If you have a question, want to provide some feedback, or want to report a bug, please send us an email at support@VidaOne.com.

1.5. Conventions

A BlackBerry application without useful shortcuts is not a real BlackBerry application. Look for useful shortcuts shown in blue in the text. Although shown in uppercase in the text, both lowercase and uppercase shortcuts can be used.

For clarity, the term *select* (as in Select the GPS button) means to highlight the item and press the trackball or Enter key to activate it.

2. Installation

MySportTraining can be installed via BlackBerry Desktop.

2.1. Download

Download and unzip http://www.vidaone.com/download/mstbb.zip. It contains two files: mstbb.alx and mstbb.cod.

- To unzip on Windows 7 or Vista, right-click on the file and choose Open With > Windows Explorer. This opens a windows showing the content of the file. Drag those file into some other directory in order to extract them from the zip file.

- To unzip on Windows XP, right-click on the file and choose Open With > Compressed (zipped) Folder.

2.2. Installation

First-Time Installation

1. Connect your BlackBerry to your PC and open BlackBerry Desktop Software.
2. Once connected, click on Applications > Import Files, select mstbb.alx in the directory where you saved it, and click Open.
3. MySportTraining will be listed as shown on Figure 3. Click the + button next to it (the status will show *Pending In...*), then click the **Apply** button to install it on your BlackBerry.
4. A window showing that the application is being install will be shown momentarily. Afterwards, BlackBerry Desktop will show that MySportTraining is installed.
5. Once installed, disconnect your BlackBerry.
6. On your BlackBerry, go to the Home screen, press the MENU key to display all folders and locate the MySportTraining icon.

7. You will be prompted to grant MySportTraining Trusted Application status. Click Yes to continue.
8. Note: the database is stored on the media card. As a result, the first time you load the application, it may take about 10 seconds for the app to appear on the screen.
9. Next the Welcome Wizard is shown (see section).
10. To re-install or upgrade, see next section.

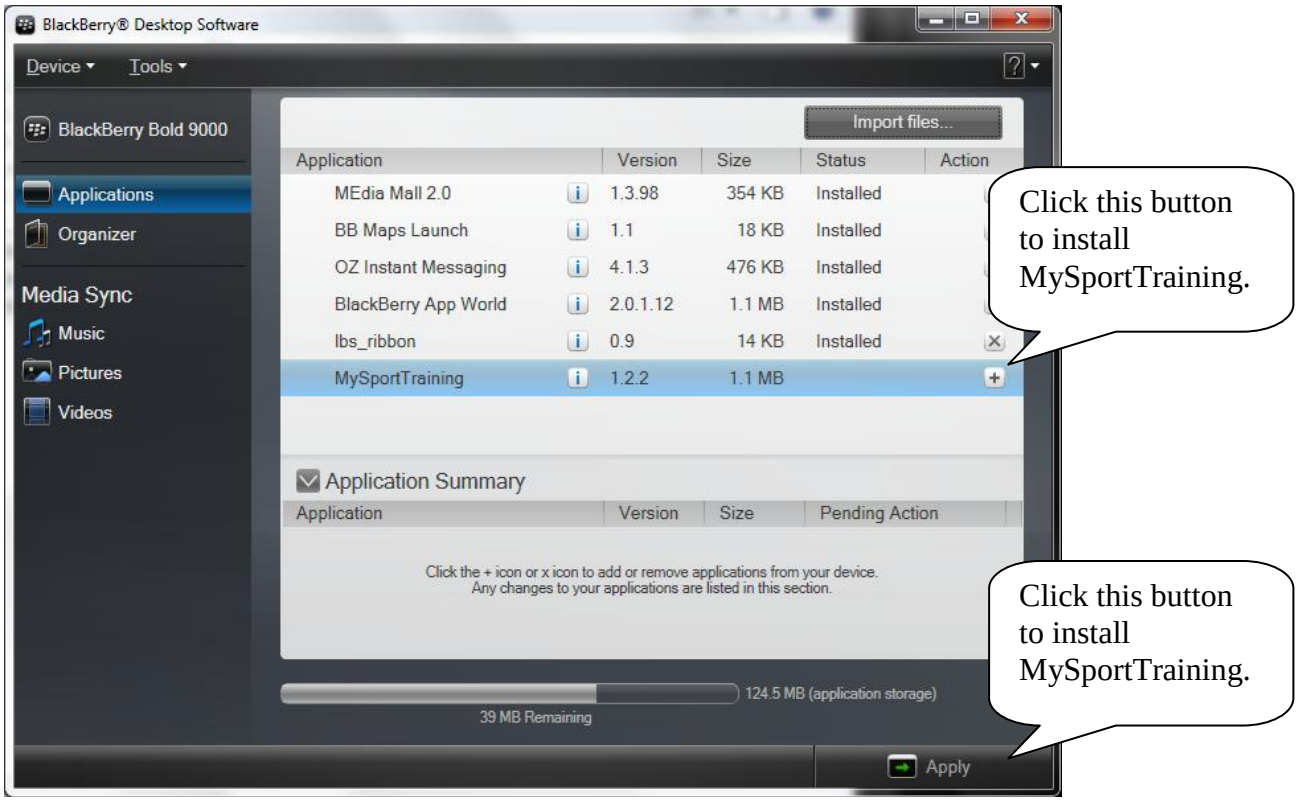

Figure 3: BlackBerry Desktop showing MySportTraining installed.

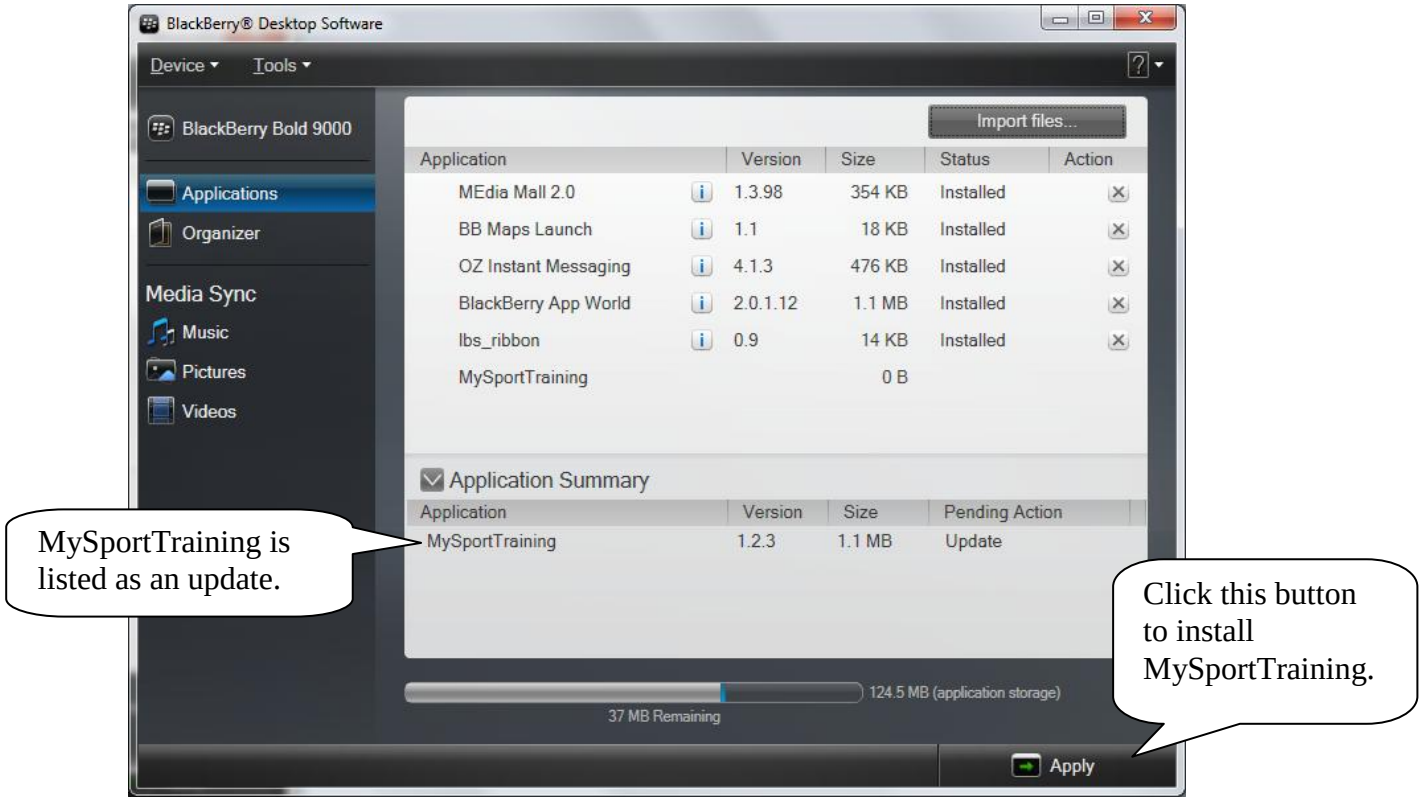

Figure 4: Re-installing/upgrading MySportTraining

Upgrade Installation

1. Follow steps 1 and 2 above.
2. If you see the error "There was an error importing files", simply click OK to remove the message.
3. In BlackBerry Desktop, you will see MySportTraining listed in Application Summary, with a pending action of *Update* (see picture Figure 4).
4. Click Apply to install the update.

2.3. Welcome Wizard

The first time you open MySportTraining, the Welcome Wizard introduces you to the application and gathers your preferences and profile information (see Figure 5).

You can specify whether to use American or Metric units, calories or kilojoules, and enter your profile. Your profile consists of your gender, birth year, weight and height, all required to perform various calculations as you enter workouts.

You can change these settings at any time afterwards (see section 6).

If you're already using VidaOne Diet & Fitness, you can also immediately synchronize and get all your data. Because the database is stored on the media card, the first synchronization with VidaOne Diet & Fitness may take from a few seconds to a few minutes.

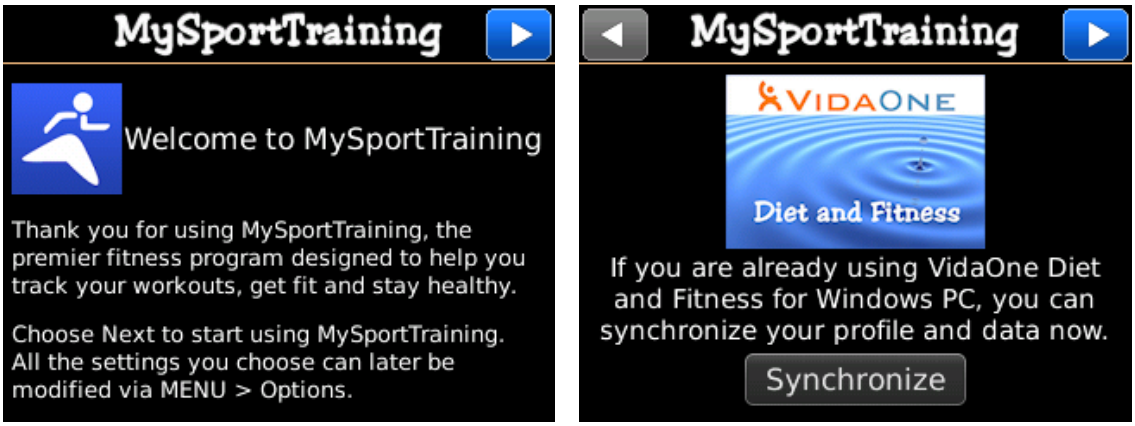
MySportTraining
Welcome to MySportTraining
Thank you for using MySportTraining, the premier fitness program designed to help you track your workouts, get fit and stay healthy.
Choose Next to start using MySportTraining. All the settings you choose can later be modified via MENU > Options.
MySportTraining
VIDAONE
Diet and Fitness
If you are already using VidaOne Diet and Fitness for Windows PC, you can synchronize your profile and data now.
Synchronize

Figure 5: The Welcome Wizard makes it easy to get started.

3. Views

MySportTraining is based on views that present your data in a different manner. There are four views, all explained in the following sections: Today, Journal, Calendar and Charts. You can access them using the four buttons at the top.

3.1. Today

Select **Today** to add workouts and health records:

- Click the **Workout** icon (or press W) to add any workout (see section 0).
- Click the **GPS** icon (or press G) to start recording an outdoor workout (see section 4.1).
- Click the **Most Recent** icon (or press M) to see a list of the workout you've done in the past 6 months.
- Click the **Health** icon (or press H) to add a health record (see section 5).
- Click the **VidaOne** icon (or press S) to synchronize with VidaOne Diet & Fitness (see section 7.5 for details).
- Click the **Tools** icon (or press T) to display a list of fitness tools:
  - Press A for the **activity filter** to show only a handful of activities (section 7.1)
  - Press B for the list of **personal best** workouts (section 7.2)
  - Press T for **training zones** (section 7.3)
  - Press W for auto-tracking **workout gear** (section 0)
  - Press P for **purging data** (section 7.5)

Shortcut!
Press Alt-T to go to the Today view from other views.

Figure 6: The Today view makes it easy to add a new workout or a health record, record an outdoor workout with GPS, synchronize with VidaOne Diet & Fitness and access useful fitness tools.

3.2. Journal

The Journal view shows all the workouts and health data for a given day You can scroll the list if required.

Click the left and right arrows at the top of the screen to switch to other days with data, or the date to pick a specific date.

Press MENU to add a workout or health record for that day, as many as you need.

Press-and-hold a workout entry in the journal to display a popup menu to edit, copy or delete a workout. Press-and-hold a health record entry to edit or delete it.

Shortcut!
Press Alt-J to go to the Journal view from other views.

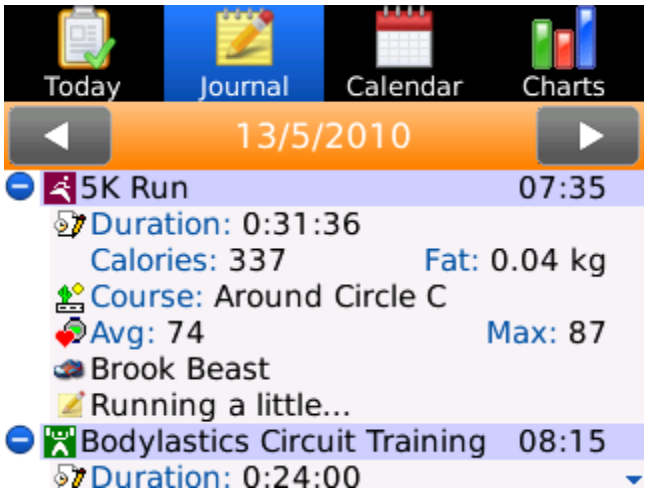

Figure 7: The Journal view, showing a cardio workout (5K Run) and a strength workout (Bodylastics Circuit Training).

In the Journal view, the following shortcuts are available:

- W: add workout
- H: add health record
- J: move to next item in the list
- K: move to previous item in the list
- N: show next day with workout and/or health data
- P: show previous day with workout and/or health data
- G: go to a specific date
- T: go to today
- Space: expand/collapse journal entries

3.3. Calendar

The Calendar allows you to quickly identify on which days you trained (see Figure 8). Some call it their training-at-a-glance, because you can immediately see how much (or little) you've worked in the past weeks.

Use the left and right arrows at the top of the screen to switch months, or select the date to pick a specific date.

Each day you exercised is shown with the exercise's icon and the duration of the workout. You can also select to display the workout duration when available (see section 6.4). Each day is optionally drawn using a color related to the workout training zone or the exertion.

Select a day to open the Journal for that day.

Today
Journal
Calendar
Charts
April 2010
Mon Tue Wed Thu Fri Sat Sun
Shortcut!
Press Alt-C to go to the Calendar view from other views.
The weekly summary shows how much time you've spent exercising each week.

Figure 8: The Calendar view. The color indicates the intensity based on the training zones colors (section 7.3).

In the Calendar view, the following shortcuts are available:

- N: next period
- P: previous period
- J: previous chart type
- K: next chart type

3.4. Charts

The Chart view allows you to see various reports and graphs about your workouts and health records, over any period of time. Charts are particularly useful because they provide a snapshot of your performance and condition, allowing you to appreciate your efforts, but also to make changes in your daily routines if needed. There are many charts to choose from (see examples in Figure 9):

- **Report**, which displays the workouts for the selected period
- **Duration**, based on the Duration workout field.
- **Duration list**, based on the duration per activity.
- **Distance**, based on the Distance workout field (for cardio workouts only).
- **Distance list**, based on the distance per activity.
- **Ascent**, based on the Ascent workout field (for cardio workouts only)
- **Volume** (blue) **and Intensity** (red)
- **Training heart rate**, based on the Average Heart Rate workout field.
- **Weight lifted** (for strength workouts only).
- **Calories (or Kilojoules)** to display **workout energy expenditure** (orange) vs. **intake** (blue) from health fields with your Basal Metabolic Rate.
- **Body weight**, based on the Weight health field.
- **Body fat**, based on the Body Fat health field.
- **Sleep hours**, based on the Hours health field
- **Blood pressure**, based on the Blood Pressure health field.
- **Resting heart rate**, based on the Resting Heart Rate health field.

There are several pre-defined periods to choose from:

- Today
- This week
- This month
- This year
- Last week
- Last month
- Last year
- Past 7 days
- Past 30 days
- Past 30 days (weeks)
- Past 3 months
- Past 6 months
- Past 12 months
- Other, to choose any period (see Figure 10)

In the Chart view, the following shortcuts are available:

- N, Space: next calendar month
- P, Shit-space: previous calendar month
- G: go to specific month
- T: go to this month

When looking at the report, you can use those:

- Shift-space: previous page
- Space: next page
- T: top
- B: bottom

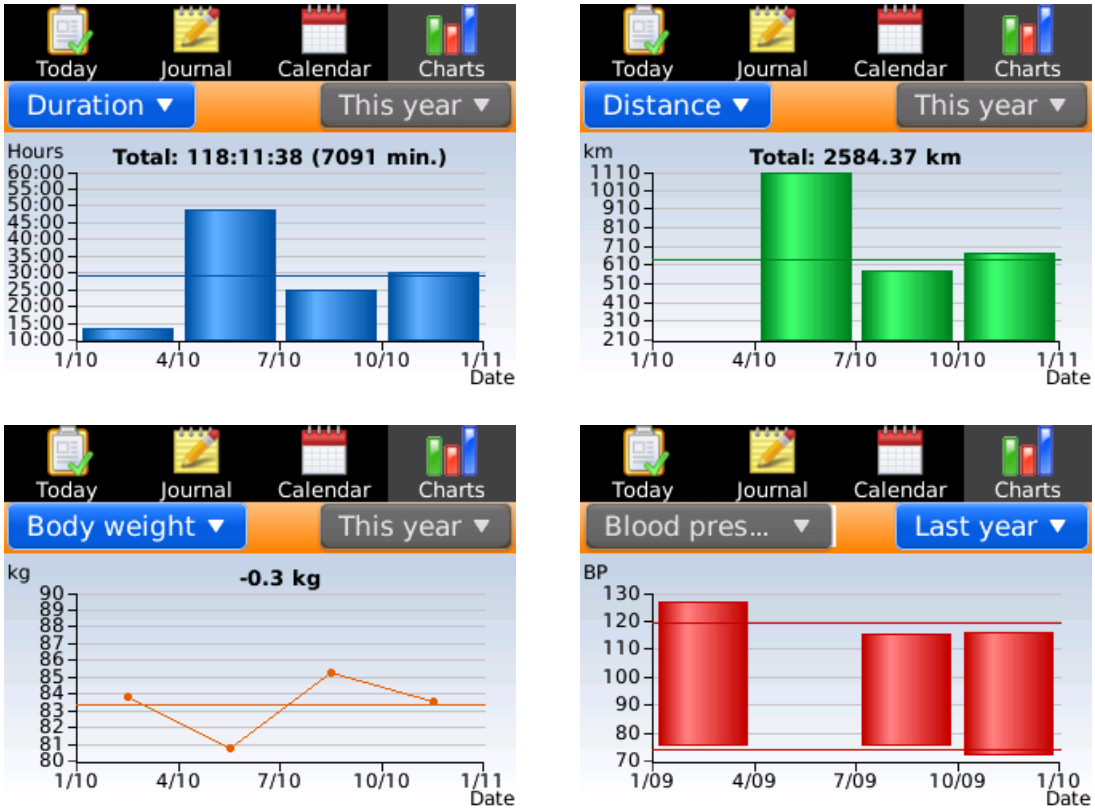

Figure 9: Some of the charts that are available. The dotted line shows the average.

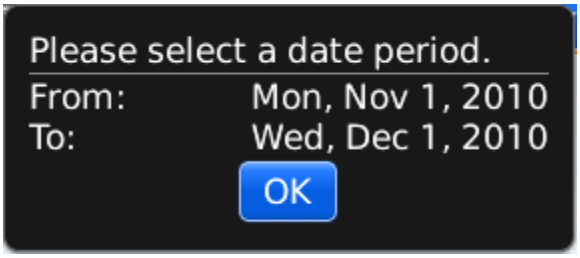

Figure 10: The Other screen lets you choose *any* period to chart.

4. Entering Workouts

There are multiple ways to enter workouts:

- By recording "live" a route while exercising outdoor using your phone's GPS capabilities (section 4.1)
- By choosing an activity and entering a workout (section 0)
- By copying an existing workout (section 4.5).

4.1. GPS Recording

One of the most exciting features of MySportTraining is the GPS recording of your outdoor workouts. It automatically records the duration and distance of a workout, and you can review these values, your pace, even the course completed so far on a map, at any time during the workout.

To start a GPS recording, click Today (or press Alt-T) and then click the GPS icon (or press G) to show the GPS Recording screen.

If the message **The application MySportTraining requested access to your GPS location information. Do you wish to grant access?** is displayed, click **Do not ask again** and click **Allow.**

You will then see the message "*Awaiting position…*" (see Figure 11). This message is displayed until your BlackBerry phone can precisely pinpoint your current location. Under a clear sky, this may only take a few seconds, but it may take longer (minutes) under different conditions (cloudy sky, in a forest, surrounded by buildings, etc.) A GPS icon The *data transfer notification* in the top right corner will blink until the position is known.

Figure 11: When recording a workout, it may take a few moments for your current position to be accurately determined.

Geek stuff: to speed up your initial location, MySportTraining uses *assisted GPS*, which relies on your data provider to assist at identifying the current location, as opposed to solely relying on GPS satellites positioning data which can take minutes to get your current location at the beginning of your workout. As a result, getting your initial location is faster, but less accurate. Once your location is acquired using *assisted GPS*, MySportTraining reverts to strict GPS satellites positioning data, which is far more accurate when exercising outdoor than assisted GPS.

The GPS recording begins once the location is acquired. If you're on-the-go, you do not need to wait until the recording starts; simply start the GPS recording and go! Once the location is determined, the recording will start by itself. Also, due to the true multi-tasking feature of BlackBerry OS, the recording starts/continues even if the screen shuts down (automatically or if you press the Mute button), or if you switch to other applications.

Press MENU > GPS Options to turn on the **auto-start feature** . If you become immobile while working out (waiting at a red light or catching your breath!), the duration timer automatically pauses itself. Shortly after you start moving again, the duration timer re-start all by itself. Make sure you have a clear view of the sky, as trees, buildings and clouds can interfere with your BlackBerry's ability to *precisely* locate your position.

During the recording, you can track your laps by clicking the **Lap** button or view your current location on a map by clicking the **Show Map** button.

When you're done working out, click **Stop** and **Done**. You will be prompted to choose an activity, and then enter more information about the workout (see section 4.3 for details). You can also review the full route on a map.

Auto-Lapping

In addition to adding laps by clicking the Lap button, you can have laps automatically recorded by distance (e.g. every mile, 5 km, etc) or by position (when looping).

In the GPS Recording screen, press MENU > GPS Options and scroll down to the Laps section:

- Select **Manually** so that laps are added only when you click the **Lap** button in the GPS Recording screen.

- Select **by Position** for laps to be automatically added when you pass nearby a specific location. To set the location, go to that location and click the button **Set Lap Position to Here.** Tracking laps using this method is useful because you can see if the final laps took longer, possibly indicating that you started too strong and grasped to finish the last laps.

- Select **by Distance** for laps to be to automatically added after you've passed the specified distance mark (in miles or km depending on your units of choice). This

option is useful to determine if the last segments of a course took you longer that at the beginning, indicating that you possible started too strong and struggled toward the end. This option must be set prior to starting the GPS recording.

Recording Tips

The GPS recording will go on until you stop it, even if your screen dims and turns off. The following will help maintain its battery life:

- Ensure the screen remains off during the workout by pressing the phone's **Mute** button to lock your phone. Press the **Mute** button again to unlock it.
- Turn Wi-Fi off
- Make sure your BlackBerry is fully charged before working out.

Files Location

The recorded routes are stored in GPBX files (which are compact binary files) are stored on your BlackBerry phone's SD card, in the `Tracks` directory. If you are using VidaOne Diet & Fitness on your PC, those files will be synchronized and viewable on your PC.

Garmin Device

Also if you are using VidaOne Diet & Fitness on your PC and download records from a supported Garmin device, workouts *and* routes will synchronize with your BlackBerry phone. You then have two ways of recording outdoor workouts: a GPS device or your BlackBerry phone; either way, you can see them on your PC and your BlackBerry phone.

4.2. Adding Workouts

A workout can be added using different ways:

- In the Today screen, click the **Add Workout** icon (or press W) or the **Most Recent** icon (or press M) to click from a list of the most recent workouts you've entered (the list is initially empty and grows up as you enter different workouts).
- In the Journal, press MENU > **Add Workout**, or press W.

Cardio and strength training have different fields, but data entry is done the same way.

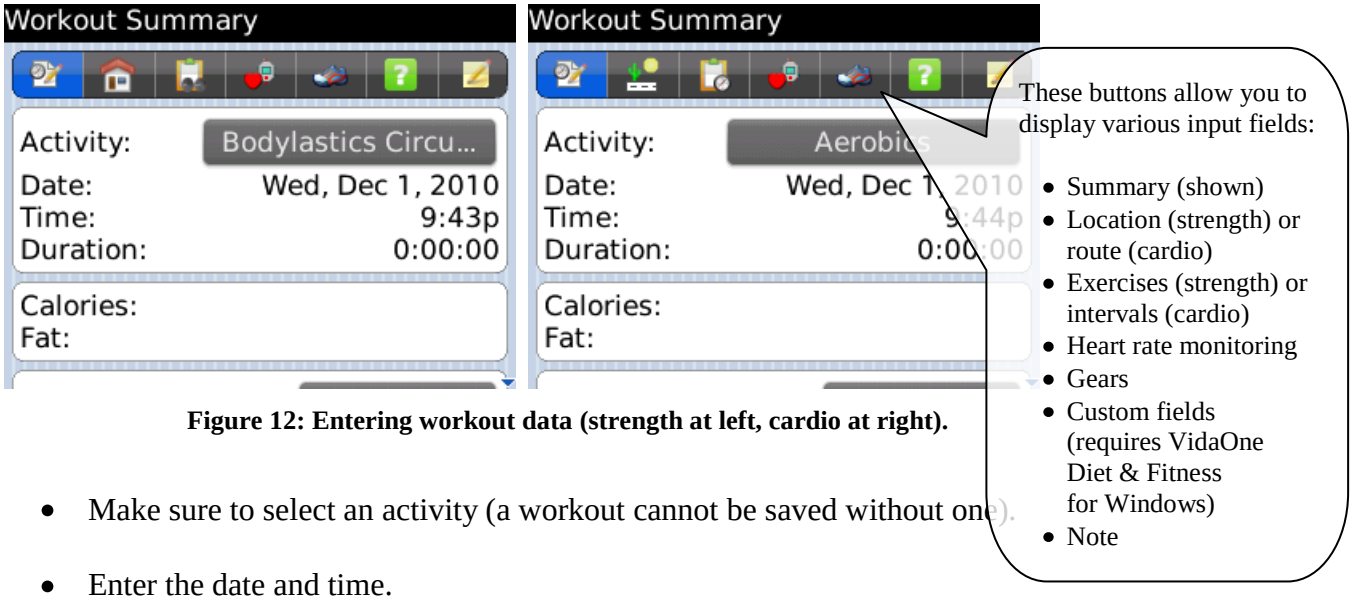

Figure 12: Entering workout data (strength at left, cardio at right).

- Make sure to select an activity (a workout cannot be saved without one).
- Enter the date and time.
- Enter the duration. **The energy (Calories or Kilojoules) and fat fields are automatically updated** based on the duration you enter and exertion you choose, but you can also edit them.
- Enter your perceived exertion, overall rating, and energy level. **Changing the exertion may change the Calories and Fat fields.**
- Click the type of workout, if desired, among Time-based, Distance-based, HR-based, Warm-Up, Cool-down.
- *Strength workout only*: click the Exercises button to see a list of exercises (or enter some). See section Entering Strength Training Exercises on page 21 for more information about entering exercises. Select an exercise entry to display a popup menu to move the exercise in the list, edit or delete it.
- *Strength workout only*: click the Location button and select **Location** to see a list of locations. The list is initially empty; press MENU to add your own locations. Select existing entries to edit or delete them. Back to the workout location screen, you can also enter the duration (in minutes) of any warm-up and cool-down periods.

- *Cardio workout only*: click the Route button to enter route information: course, distance, pace, ascent, weather, temperature, wind and humidity. Click **Course** to see a list of courses. The list is initially empty; press MENU to add your own courses.

- *Cardio workout only*: click the Intervals button to see a list of intervals (or enter some). See section **Entering Cardio Training Intervals** for more information about entering intervals. Click the **Laps** button to switch to laps instead of intervals.

- Click the Heart Rate Monitor button to enter the average, maximum, minimum training heart rates, the target zone, and the time spent (in percentage) in the target zone.

- Click the Gear button to select up to four (4) gears that you used for the workout. Those gears will automatically be updated by duration or distance (depending on how they are set up). Refer to section 0 for more details about gear tracking.

- If you also use **VidaOne Diet & Fitness for Windows** and have defined custom fields, click the **Custom Fields** button to enter values for up to four (4) custom fields.

- Click the Notes button to enter a note about the workout.

Entering Cardio Training Intervals

You can enter interval training with cardio workouts

- Select a cardio workout and click the Intervals button . If you selected a past workout that had laps, click **Intervals** to enter intervals (you will be prompted to delete existing laps, if any).
- Click **Add Interval** to display the **Edit Workout Interval** screen (see Figure 13).
- Click the button next to **Name** to choose from a list of intervals. MySportTraining comes with pre-defined intervals, but press MENU to add your own.
- Enter the number of sets
- Enter the duration i.e. the working period of the interval, and the maximum heart rate.
- Enter the recovery period, along the recovery heart rate. If the recovery period also varies from one set to another, use the **Note** field to enter more information if desired.
- Select the Rate of Perceived Exertion (RPE).
- Press MENU to scratch/unscratch an interval, chart or view a report of the last 10 entries for that interval.

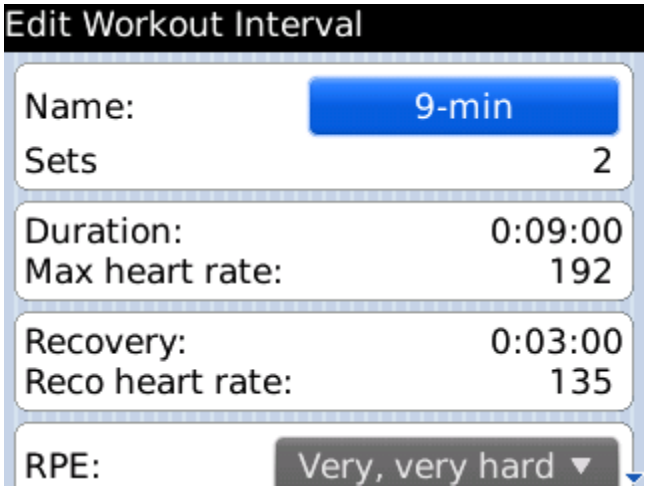

Figure 13: Entering an interval

Entering Laps

You can manually enter and edit laps with cardio workouts:

- Select a cardio workout and click the **Laps** button . If you selected a past workout that had intervals, click **Laps** to enter laps (you will be prompted to delete existing intervals, if any).

- Click **Add Lap** to display the **Edit a Lap** screen and enter a lap duration, along the average heart rate and a note.

- Select a lap entry, then press MENU to edit or delete it.

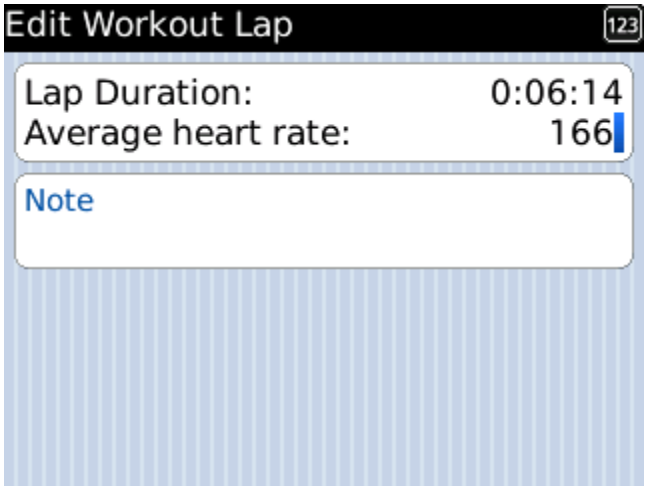

Figure 14: Entering a lap: duration, heart rate and a note about how it went.

Entering Strength Training Exercises

You can enter detailed exercises for strength workouts:

- Select a strength activity, click the Exercises button , click **Add Exercise** and select a name to display the Choose an Exercise screen. MySportTraining comes with popular exercises, but press MENU to add your own. When adding your own exercises, you can enter its name, units (lb or kg), the maximum weight (more on this later) and the muscle groups worked by that exercise (this will be useful when using the muscle chart, below)

- In the Choose an Exercise screen, click **All** to see all exercises, **Custom** to see only your own exercises, **Front** to display the front body chart and **Back** to display the back body chart. Use the trackball/arrows to select a muscle group on the right and you will see a list of all exercises for that group, including your own exercises which you specified the selected muscle group for.

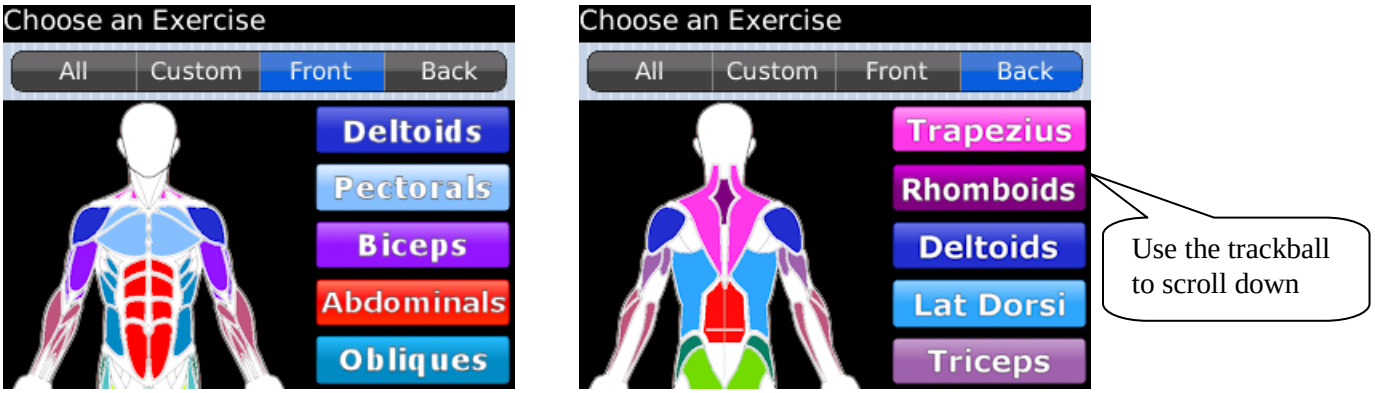

Figure 15: The muscle chart displays exercises for any muscle group you choose.

- Enter the number of sets.

  To enter identical sets, leave **Show each** set unchecked. The enter the number of sets (up to 250), the repetitions and weight per set.

  To enter different sets, click **Show each set**. This is ideal if you vary the number of repetitions or weight for a given exercise. Enter the number of sets (up to 5), and the different sets (reps and weight).

- Enter the units. It is best to use the same unit when entering other instances of that exercise. If the weight varies from one set to another, use to Note field to enter more information if desired.

- Enter the rest period in seconds. You can choose "None!" when you switch from that exercise to another without taking a pause.

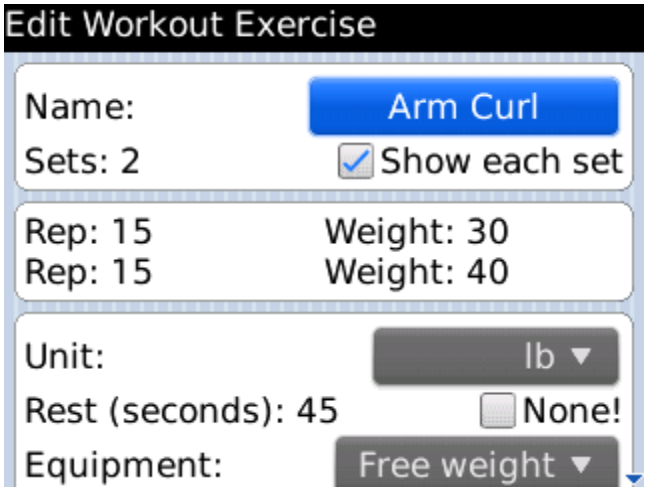

Figure 16: Editing an exercise sets. In this case, different sets are entered for the exercise.

- Select the equipment you used among free weight, weight machine, aerobic step, ball, band, cable, medicine ball, roller, ropes, or other.

- Select the Rate of Perceived Exertion (RPE), which is based on the standard Borg CR10 scale.

- Enter an optional note if needed.

Press MENU to perform the following:

- Scratch an exercise, which is a useful method for indicating that you did not complete that exercise but want to keep it in the list nonetheless.. Scratched exercises are shown with a strikethrough bar e.g. ~~Arm Curl~~. Press MENU > Unscratch to unscratch it.

- Chart up to the last 10 entries of that exercise. You can choose to see the total weight, average weight, or max weight for those entries.

- List up to the last 10 entries of that exercise.

4.3. Editing a Workout

You can edit a workout by selecting it and pressing Enter in the Journal view.

4.4. Deleting a Workout

Deleting a workout permanently erases the workout data. To delete a workout, select it in the Journal, press MENU and click **Delete**.

4.5. Copying a Workout

To add an exercise similar to one you've completed, go to the Journal, select the workout to copy, press > **Copy**. You will be prompted for the date of the new workout (today will be shown). Click OK to make a copy of the existing workout. All the exercises or intervals will be copied as well.

4.6. Adding your Own Activities

MySportTraining comes with one strength training activity ("**strength training**") and a variety of cardio activities ("aerobics", "road cycling", etc.). Not only can you edit those activities, you can also create your own, for the following reasons:

- Add an activity not listed, with a specific icon and color.
- Customize the calorie consumption.
- Add a type of workout for a given activity. For example "Lower Body" instead of "Strength training", or "Interval Training" instead of "Road cycling". Doing so helps you identify which type of workout you did (in the calendar and charts), and it makes data entry easier. When you add a workout, MySportTraining looks at the last workout of the same activity and adds all the exercises/intervals you were entered. So if you create a Upper Body and Lower Body activities, and enter workouts with specific exercises for each of them, every time you add a workout, get the exercises for that activity i.e. you do not have to re-enter them every time. Find more about this in section 4.7.

Add Custom Activities

When adding a workout you must first choose an activity from the **Choose an Activity** screen. Press MENU > **Add Activity** to add your own (see Figure 17).

- Enter a name e.g. Lower body
- Choose between Strength and Cardio. Strength allows you to enter exercises, Cardio allows you to enter route and laps/intervals.
- Enter the amount of calories you burn in 30 minutes at a sustained intensity (which is hard breathing where you cannot talk much, but not exhausting). MySportTraining will then be able to precisely calculate the calories you burnt when you enter a workout for that activity, based on the duration and exertion (light, moderate, sustained, strenuous, exhausting).
- Select an icon and its color.

Figure 17: Adding a custom activity lets you specify the exact calories you burn.

Since you can create as many activities as you need, you can easily enter new workouts that have a different focus, as shown in Figure 18.

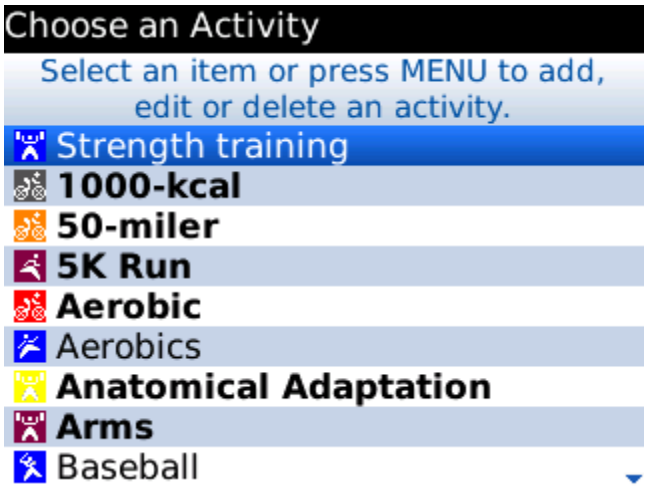

Figure 18: You can create your own activities to match your lifestyle.

Edit Custom Activities

To edit your own activities, add a workout to display the activity list, select an activity, press MENU > **Edit Activity**. Your activities are listed in bold (see Figure 18).

4.7. Planning and Entering a Workout Schedule

You can combine multiple features of MySportTraining (explained in the previous sections) to plan a schedule consisting of a variety of workouts. Say for instance you want to plan three workouts per week, each one with a specific focus:

- Monday: upper body (chest, back, arms and shoulders)
- Wednesday: lower body (legs)
- Friday: stationary bicycle

Here's how to proceed to plan such a workout schedule:

- On Monday, add a workout by creating a strength training activity called **Upper Body** (see page 23) and add the exercises to it (see page **Error! Bookmark not defined.**).

  If you choose to skip a specific exercise for this workout only, scratch it so that the exercise remains in the list.

- On Wednesday, create another strength training workout, this time called **Lower Body**, also with its own exercises. Similarly, add a workout of that activity.

- On Friday, add a **Bicycling** workout.

- The following Monday, add an **Upper Body** workout. All the exercises from the previous **Upper Body** workout will *automatically* be carried over (including any changes you made), so that you do not have to re-enter them all again.

- On Wednesday, enter a **Lower Body** workout and again, all exercises from the previous **Lower Body** workout will be copied. Edit them as you execute them.

- Finally, on Friday, enter the **Bicycling** workout. Intervals (if any), will be copied from the previous **Bicycling** workout.

Over time, you will have a list of custom activities (with their exercises) to choose from , making it very easy to track your workouts.

5. Entering Health Data

A health record can be added using different ways:

- In the Today screen, select **Health Record**, or press H
- In the Journal, select MENU > **Add Health Record**, or press H

You can enter the following information for each health record:

- Date and time.
- Weight, either in lb or kg (based on the selected measurement unit setting).
- Body fat percentage.
- Mood.
- Sleep quality of it and time.
- Resting heart beat rate (beats per minute), taken at rest e.g. when waking up.
- Blood pressure, taken at rest e.g. when waking up.
- Body measurements.
-

If you use **VidaOne Diet & Fitness for Windows** and have defined custom fields, you can assign values for up to four (4) custom fields.
- A note.

It is best to enter this information on a daily basis to provide accurate graphs (described in section 3.4). At a minimum, you should enter your resting heart rate and weight on a weekly basis, in order to review health trends over time.

6. Options

MySportTraining has various settings to personalize how the data is presented. From the Today screen, press MENU > **Options**.

6.1. Version

This section shows the currently-installed version. If you are using a trial version, "Trial" is displayed next to the version number.

6.2. Units

- Measurement units, either American or Metric
- Energy units, either calories or kilojoules.

6.3. Profile

- Gender
- Birth year
- Weight
- Height

6.4. Display

- Select to enter workout duration (h:mm:ss) or not (h:mm)
- Select the first day of the week among Saturday, Sunday and Monday.
- Select to display all workout and health information for each record in the Journal. If not selected, only a summary of each record is shown.
- Select to display the workout distance in the Calendar instead of the workout duration, when available.

7. Features

Several utilities are available from the Today screen via the Tools button (or by pressing T).

7.1. Activity Filter

You can choose to display a subset of the activities you practice by applying a filter. Filtered activities are hidden from the Journal, Calendar and Charts. This is useful if for instance, you are a cyclist and record both your Road cycling and Mountain biking workouts, and need to review only your road cycling workouts. You can unselect all activities but Road cycling to see only your road cycling workouts in the Journal, Calendar and Charts.

From the Today view, click **Tools > Activity Filter** (or press T A) to show the Filter Activity screen is shown (see Figure 19). The activities shown with a checkmark are displayed, the others are filtered (hidden). By default, all activities are visible and shown with a checkmark.

To filter (hide) an activity, select it and press the space bar to remove the checkmark. Press the space bar again to show the checkmark. To select all activities, press MENU > **Select All**. To unselect them, press MENU > **Clear All**.

Once you've selected the activities to show and those to hide, press BACK.

If you regularly need to review the same subset of activities, you can create a custom filter. Select the activities you want to see, then press MENU > **Save as My Filter**. You can then re-apply your filter at any time via MENU > **Select My Filter**.

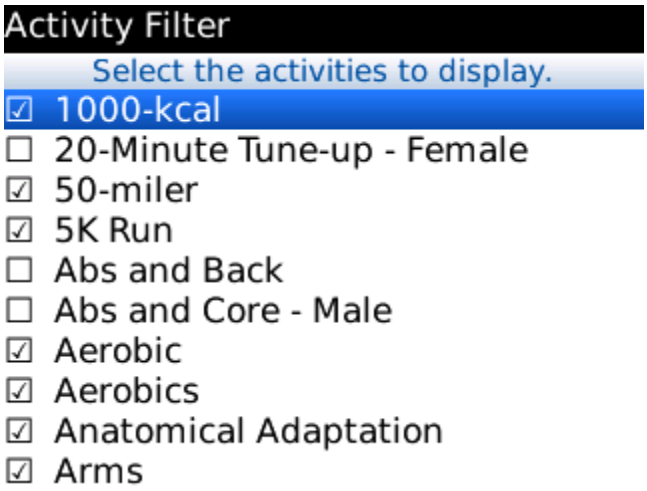

Figure 19: The Filter Activity screen.

7.2. Personal Best

You can see a list of your ‘personal best’ workouts (see Figure 20) i.e. those whose rating is set to Personal Best by choosing Today > Tools > Personal Best, or pressing T P. All workouts (regardless of their date) whose rating is Personal Best will be listed.

Figure 20: The Personal Best workouts.

7.3. Training Zones

Training zones are essential for heart-based monitoring training. MySportTraining helps you identifying your training zone if you use a heart rate monitor:

- From the Today view, click **Tools > Training Zones** (or press T T) to show the training zones screen (see Figure 21).
- Enter your maximum heart rate. The default is set to 220 minus your age, provided you entered your birth year in the profile. Note that this formula is just an estimate, and your actual maximum heart rate may vary by as much as +/- 20.
- The training zones are automatically calculated and each training zone is defined as a range expressed as a percentage (%) of your maximum heart rate (HR). The exact calculation is detailed on the next page in Table 1.
- To show the heart rate ranges in percentage, select **Show values as %**.
- If your heart rate monitor only allows you to enter your target zone's minimum and maximum as multiples of 5, select **Use 5-beat increments** option to round up values as multiples of 5.

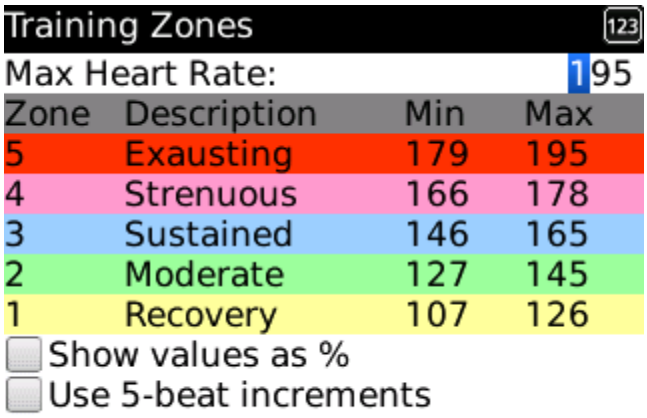

Figure 21: The Training Zones window with the effort coloring option.

Zone	Minimum	Maximum	Intensity	Description
5	92.5	100	Exhausting	Anaerobic
4	85	92.5	Strenuous	Lactate threshold training
3	75	85	Sustained	Aerobic
2	65	75	Moderate	Endurance
1	60	65	Effortless	Recovery

Table 1: Default training zones.

7.4. Workout Gear

You can track the gear you use for your workouts, either by distance or duration. This is very helpful regarding their maintenance and replacement. For example, you can track the following:

- Running shoes (by distance), to determine when to replace them;
- Bicycle and equipment, such as chain, tires, wheels (by distance), to maintain them as needed;
- Heart rate monitors and other electronic devices (by duration), to determine when to replace their battery

From the Today view, click Tools > Workout Gear (or press T W) to show the Workout Gear screen (see Figure 22). Press MENU to create a gear, or select a gear and then press MENU to edit or delete it.

When editing a workout, select the Gear button to add all the gear you used in a workout, and MySportTraining will automatically update their usage.

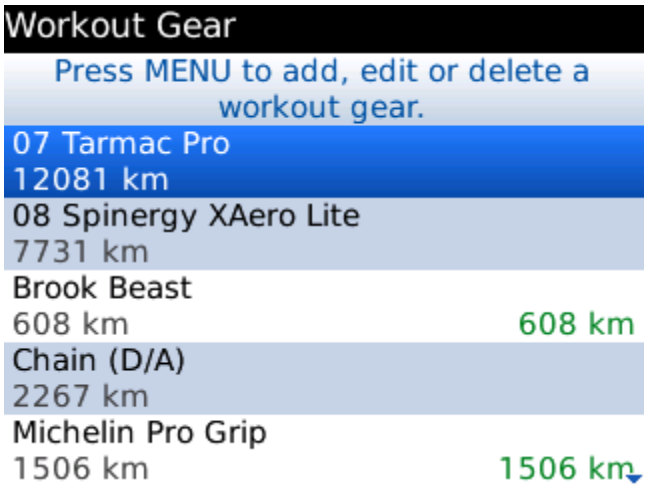

Figure 22: The Workout Gear screen.

7.5. Search Notes

You can search for a word in the notes you've entered in workouts and health records. From the Today view, click **Tools > Search Notes** (or press T S). Enter a word in the at the top of the screen, and select the Search button. Workout and health records whose notes contain the word will be displayed. Select an entry to review or edit it.

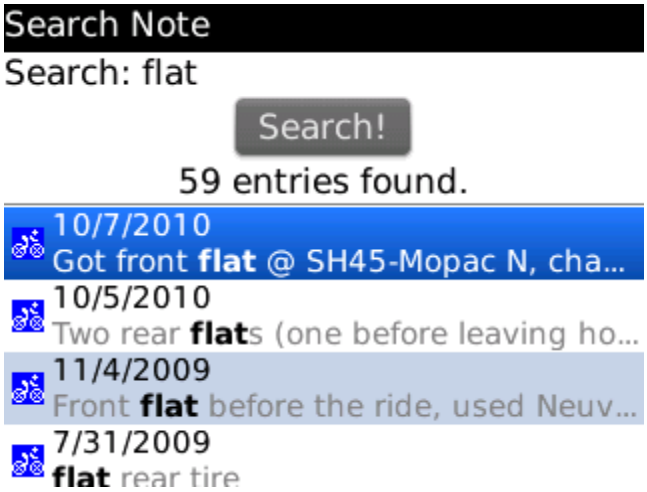

Figure 23: The Search Notes screen makes it easy to find past information you've entered.

Shortcuts can be used to navigate through the list:

- Press space to go down one page
- Press Shift-space to go up one page
- Press T to go to the top
- Press B to go to the bottom

7.6. Purge Data

To reduce and save storage space, you can delete past workout and health data that you no longer need. Purging data erases information that cannot be recovered from MySportTraining. The data that is erased is workout and health information. Custom names such as activity names, exercises, intervals, etc. are not erased.

If you are using **VidaOne Diet & Fitness for Windows**, records that are purged will also be deleted from your PC after synchronizing.

From the Today view, click **Tools > Purge Data** (or press T P). Choose how many months of data you want to keep. For instance, Figure 24 shows that the past 6 months of data will be saved, and all data older than 6 months will be erased. Then select the **Purge Data** button.

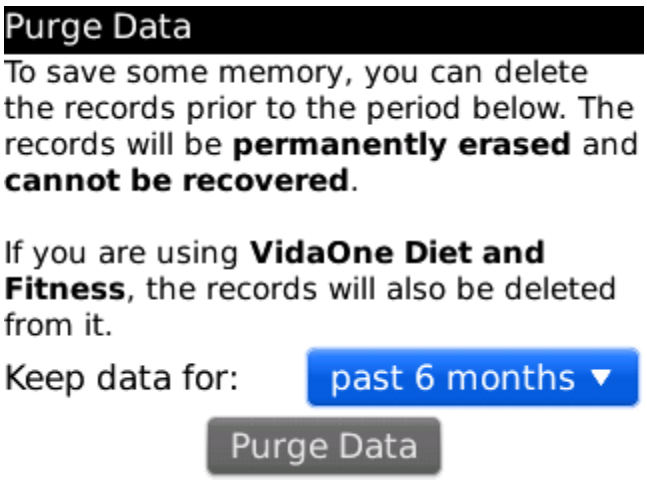
Purge Data
To save some memory, you can delete the records prior to the period below. The records will be **permanently erased** and **cannot be recovered**.
If you are using **VidaOne Diet and Fitness**, the records will also be deleted from it.
Keep data for:
past 6 months
Purge Data

Figure 24: The Purge Data screen.

7.7. Synchronization

MySportTraining fully synchronizes with **VidaOne Diet & Fitness for Windows** (www.vidaone.com/vodf_win.htm) via Wi-Fi, allowing you to use your PC and your BlackBerry phone to track your health and fitness, and make (precious!) backup of the MySportTraining data. The synchronization also works when using VidaOne Diet & Fitness under Parallels Desktop® and VMware Fusion™ on Mac OS X. PDF documents that explain how to setup each emulator are available at the web address above.

To synchronize, open VidaOne Diet & Fitness, select the **Profile** toolbar and click **BlackBerry**. This opens the synchronization window (Figure 25), which shows your computer **address** and **port**, in this figure, **192.168.0.193** and **25007** respectively.

VidaOne NetSync
Instructions
Enter this computer's address and port as shown below on your phone / tablet.
Tap Synchronize on your iPhone.
Close this window when the synchronization is completed.
Automatically close this window once the synchronization successfully completes.
Computer
Address: 192.168.0.193
Port: 25007
Use existing partnership
Status
Not connected
Several addresses might be listed. You might have to try them all to find out which works.
Keep this option selected as it significantly speeds up subsequent synchronization operations.
To force a synchronization from scratch, unselect it.

Figure 25: VidaOne NetSync synchronizes data with your BlackBerry phone.

In MySportTraining, go to the Today screen and select Synchronize (or press S). The Synchronization screen is shown (see Figure 27). Enter the computer address and port values *as is* (as shown in Figure 25) and select Synchronize.

Select **Synchronize on startup** to synchronize every time you open MySportTraining. This option helps to make this process automatic.

VidaOne Diet & Fitness maintains *partnerships* i.e. synchronization information with each BlackBerry phone. This allows the synchronization to be very fast. If you experience synchronization issue, unselect **Use Existing partnership** in VidaOne Diet & Fitness to force a clean synchronization from scratch.

Please refer to VidaOne Diet & Fitness user's guide for additional information about VidaOne NetSync.

Troubleshooting

If the synchronization does not happen, here are a few things to check for.

First make sure that Wi-Fi is turned ON on your phone, and that the address and port are entered correctly.

When you run VidaOne NetSync for the first time, your firewall might ask you to unblock it. Make sure you choose to unblock it.

Windows Security Alert
Windows Firewall has blocked some features of this program
Windows Firewall has blocked this program from accepting incoming network connections. If you unblock this program, it will be unblocked on all private networks that you connect to. What are the risks of unblocking a program?
Name: VidaOne Diet & Fitness
Publisher: VidaOne Inc.
Path: C:\program files\vidaone\vodf\vodf.exe
Network location: Private network
What are network locations?
Keep blocking
Unblock

Figure 26: You might have to unblock VidaOne NetSync.

Synchronization through a Virtual Private Network (VPN) may not work because of the corporate firewall in place.

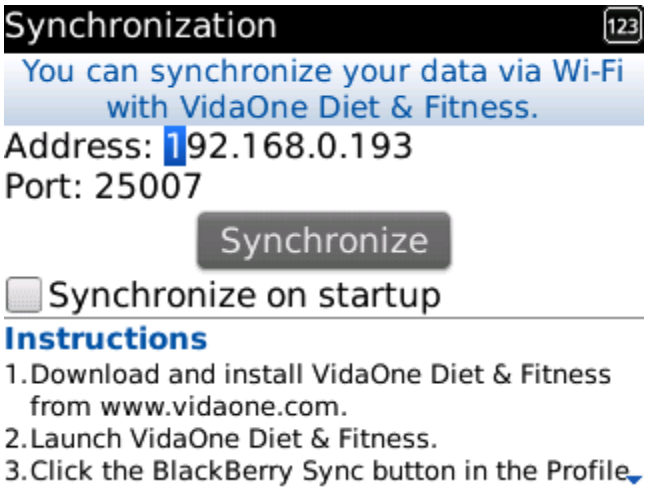
Synchronization
123
You can synchronize your data via Wi-Fi with VidaOne Diet & Fitness.
Address: 192.168.0.193
Port: 25007
Synchronize
Synchronize on startup
Instructions
1. Download and install VidaOne Diet & Fitness from www.vidaone.com.
2. Launch VidaOne Diet & Fitness.
3. Click the BlackBerry Sync button in the Profile

Figure 27: The Synchronization screen with a computer address and port.

8. Using MySportTraining

Whereas the previous sections have explained MySportTraining features, this section presents how to apply them not only to make MySportTraining easier to use, but also to monitor (and adjust) your workouts to achieve your fitness goals.

8.1. Data Entry Tips

Here are a few tips to take advantage of what MySportTraining offers:

- Use a workout schedule with various workouts, each with a specific focus, as presented in section **Planning and Entering a Workout Schedule** on page 25.

- Enter workout information right after completing each workout. This only takes a few seconds and is key to providing maximum feedback. Similarly, enter health information upon waking up, at least once a week.

- Adding a workout by copying an existing workout is very fast and convenient (see section 4.5 for details). Use the Calendar and Chart report to quickly locate a past workout.

- If you heavily are into a single sport, you can define new activities to categorize your training and obtain a rich feedback of how you exercise for that sport. For instance, if you are into cycling, you can add activities such as: “Road intervals”, “MTB intervals”, “50-miler”, “Century”, “Aerobic ride”, etc.

- If the first set of your strength training exercises is shorter (fewer reps) or lighter (something called reduced sets, usually for warm-up purposes), make sure to check ‘Show each set’ when entering each exercise. This option lets you specify the rep and weight for each individual set. See **Entering Strength Training Exercises** on page 21 for details.

- Use a heart rate monitor to accurately and objectively determine your average heart rate when exercising, which results in more precise workouts. Alternatively, you may rely solely on the workouts’ perceived exertion, although this is less precise than your actual effort.

- Use the Note fields to add information that may have influenced your workout (such as weather conditions, overall stress level, etc.) For instance, by reviewing your workouts, you may notice that stress has a negative impact on your workouts, preventing you from exercising with the same intensity as on other days. As a result, you may decide to exercise at a lower intensity or even take some days off during stressful periods without any “guilt” from not exercising enough.

8.2. Reviewing Your Performance

The Journal provides you with the right workout information. Regularly review your past workouts – especially those for when you felt very strong – and identify the conditions that led to better results. For instance, if you find out that your best workouts were achieved when waking up with a low heart rate, you may want to back off when you wake up with an elevated one.

Take a look at the Month view to assess how consistent you have been regarding your training (consistency is key in any fitness program). If there are long periods of inactivity, you might want to try to find out how you could include one or two workouts to maintain your fitness.

Use the report view to determine whether you've reached your goals (number of workouts, total duration, etc.) for a given period of time by looking at the totals line at the bottom of the list. This is very useful for comparing your actual training against a long term training plan.

Frequently review the graphs to obtain precise feedback:

- The **Duration**, **Distance** and **Weight lifted** graphs show you the volume of your workouts (i.e., how much you exercise). With the Report view, it's also the easiest way to measure your progress towards long term goals. For instance, if you set a personal goal of exercising at least 20 hours per month, MySportTraining's duration chart will allow you to accurately track your monthly progress by showing your how much time you spent exercising. You will be able to make corrections by adding more workouts if need be, or simply maintain the same volume if you are well on your way to reaching your objective. Either way, the charts will tell you where you stand with respect to your goal(s).

- The **pace** and **training heart rate** charts are excellent tools for helping you to identify your overall fitness (the heart rate graph can be substituted by the **intensity and exertion** chart). For instance, for a given course and average heart rate (or exertion), your pace will likely increase over several weeks as your fitness improves (you will be able to cover more distance in less time for the same effort). Similarly, for a given course and pace, your heart rate will likely decrease over time, given your body's improved ability to sustain a certain level of effort.

- The **resting heart rate** is also a useful graph for identifying which past workouts put stress on your body. For instance, if you increase the volume of your workouts over a few weeks (i.e., exercising several hours more than usual), and the chart shows a gradual elevation of your resting heart rate, you may have become overtrained. It could be best to reduce volume and intensity for the next days in order to recuperate.

- For those carefully tracking their weight, use the **calorie burning and intake**, **body weight,** and **body fat** charts to track your progress. For example, if you are new to exercising, your weight and body fat will decrease as a result of burning fat (your body uses fat among other nutriments for "fuel" when exercising). If one of your goals is to achieve a specific weight or to maintain one, the charts will instantly let you know how you are progressing, allowing you to make sure your weight is not "going off the chart" (literally!)

Thank you for using MySportTraining!

The VidaOne team